

MIDTOWN

THE COURT

Schedule Effective December 2018

2211 Waukegan Road
Bannockburn, IL 60015

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday					
	North End	South End	North End	South End	North End	South End	North End	South End	North End	South End	North End	South End	North End	South End				
5:00 AM	Open Gym 5:45-7AM		Open Gym 5:45-8:00AM		Pick-Up Basketball 5:45-8:00AM		Open Gym 5:45-7:45AM		Triple Threat 5:00-6:45AM		Open Gym 1:00PM-8:45PM		Open Gym 6:00-8:45AM					
6:00 AM																		
7:00 AM	Boxing 7:00-8:30AM				Triple Threat 8:00-9:45AM		TRX Training 8:00-9AM		Triple Threat 7:45-9:15AM						Pick-Up Basketball 6:45-8:45AM			
8:00 AM																		
9:00 AM	Open Gym 8:30-10:15AM		Better Balance 10:15-11:30AM		Battle 9:00-10:15AM		Triple Threat 9:15-10:30AM		Boxing 8:45-10:15AM						Ultimate Boxing 8:45-10:10AM		Battle 8:45-10:15AM	
10:00 AM	Battle 10:15-11:30AM														Open Gym 11:30AM-4:00PM		Open Gym 10:15AM-5:15PM	
11:00 AM			Open Gym 11:30AM-5:00PM		Lil Hot Shots 4-5:00PM		Battle 5:15-6:45PM		Triple Threat 11:30AM-1:00PM									
12:00 PM	Triple Threat 5:00-6:45PM														Little Movers 5:15-6:30PM		Open Gym 6:45-9:45PM	
1:00 PM			Open Gym 6:45-9:45PM		Pick-Up Basketball 6:30-9PM		Open Gym 6:45-9:45PM		Pick-Up Basketball 7:45-9PM									
2:00 PM	Open Gym 6:45-9:45PM														Open Gym 9-9:45PM		Open Gym 9-9:45PM	
3:00 PM			Open Gym 6:45-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM									
4:00 PM	Open Gym 6:45-9:45PM										Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM			
5:00 PM			Open Gym 6:45-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM									
6:00 PM	Open Gym 6:45-9:45PM										Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM			
7:00 PM			Open Gym 6:45-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM									
8:00 PM	Open Gym 6:45-9:45PM										Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM			
9:00 PM			Open Gym 6:45-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM		Open Gym 9-9:45PM									

Schedule subject to change without prior notice

*Children under age 14 must be accompanied by a parent

